Honey for Cough and Cold

A Natural Remedy

Introduction

- Honey has been used for centuries as a natural remedy for cough and cold.
- Contains antibacterial and antioxidant properties
- Soothes sore throat
- Provides relief from cough

Benefits of Honey

- Relieves throat irritation
- Reduces coughing, especially at night
- Boosts immunity
- Natural energy booster
- Safe alternative to cough syrups (for adults and children over 1 year)

How to Use Honey

- Take 1-2 teaspoons directly before bedtime
- Mix with warm water, lemon, or herbal tea
- Combine with ginger or turmeric for enhanced effect
- Avoid giving honey to infants under 1 year

Precautions

- Not suitable for infants under 1 year due to risk of botulism
- Use in moderation for diabetic patients
- Consult a doctor if cough persists more than 2 weeks
- **Honey for cough and cold** is not for infants or prolonged use.

Conclusion

- Honey is an effective, natural, and safe remedy for cough and cold.
- It provides soothing relief, boosts immunity, and can be used in various home remedies.